

Katandi

West African Rhythmic Workout

**Age:**

16 years and up

Course Fee:

\$5

Time:

Mondays

7:00 - 8:00pm

September thru
December

Connect with the rhythms of the djembe drums while learning fundamental and traditional movements derived from Guinea, Mali and Senegal. Classes begin with a full body warm up and focus on low to high impact levels so that anyone from the community can participate. Participants under 16 years of age are welcome to join the class with a paying adult.



RALEIGH

Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Marsh Creek Community Center

3050 N. New Hope Rd.

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